

| JUNE 2021 |

GIG BUDDIES NEWSLETTER

Monthly newsletter from Gig Buddies



GIG BUDDIES

THIS MONTH JOIN US FOR:

- **SILENT DISCO
WALKING TOUR**
- **PUB REUNION**
- **COFFEE & CHAT IN CHI**
- **BEER & BURGER**

Hi Gig Buddies,

Summer is nearly here, believe it or not!! The Covid lockdown restrictions continue to ease and we're all looking forward to getting back out there and seeing you all again soon. As always your well-being is the most important thing to us so we will make sure that when we do meet we will do it in the safest way possible. We've got lots of exciting stuff coming up so read on!!...
The Gig Buddies team x



STAY UP LATE + GIG BUDDIES NEWS

Stay Up Late Ambassadors News

Stay Up Late Ambassadors Meetings are going to take place once a month from now on. They will be on the first Wednesday of every month at 3pm. Our next meeting will be on Wednesday 2nd June. Get in touch with Darren if you would like to be involved with the Stay Up Late Ambassadors and help campaign for #NoBedtimes.



★ Match Anniversaries! ★



Chris & Marie have been gig buddies for 2 years!

Adam Moors & Andrew Bettiss have been Gig Buddies for 6 years!!!
Amazing and Well Done!!

6

Angee & Daniel have been gig buddies for 2 years!

Cory & Chris have been matched for 2 years!



GET INVOLVED!! RESEARCH PROJECT NEEDS YOUR HELP!

Interested in taking part in some research?

Fiona and Alana from University College London (UCL) are doing a study to understand more about projects like Gig Buddies.

They would like to interview you to ask some questions, like what you think about Gig Buddies and what is important.

Taking part would mean having a chat with them online on Zoom or on the telephone. All your answers would be confidential, which means only the research team will see them. As a Thank You for taking part they would give you a £10 gift voucher or a donation to a charity you choose.

If you would like to hear more about the research or sign up, please talk to your coordinator or Katie, or email fiona.brand.19@ucl.ac.uk, or contact Fiona on 07724 831491.



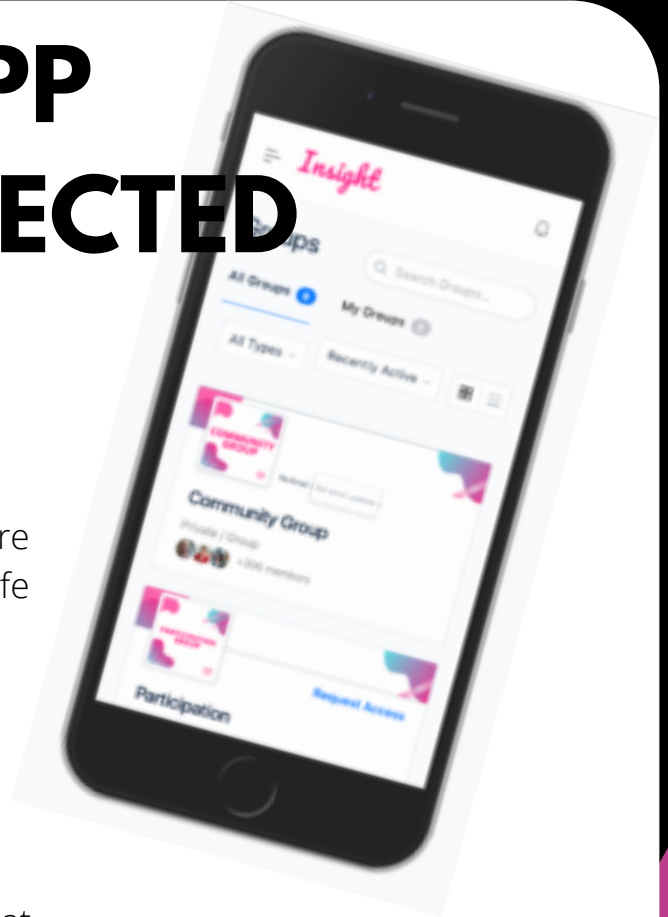
Information On Vaccines

We've been gathering together all the latest information we can find on vaccinations. We currently have some useful resources over on our website. These include a video from the NHS discussing information about the vaccine for people with a learning disability and an easy read guide covering all the important points of getting a vaccine.

You can find these by searching this page on our website-
<https://gigbuddies.org.uk/coronavirus-updates/>



INSIGHT APP KEEPING CONNECTED ON-LINE



As lockdown restrictions are starting to lift we are going to be busy running more and more real-life socials and not running our own online socials. We know though that many of you have really enjoyed all of the online socials and coffee mornings we've been holding so we've been working with the Innovate Trust who have designed an app so people with learning disabilities can still connect safely online and chat with each other.

To sign-up just look for 'Insight by Innovate Trust' on the Apple Store or Google Play stores and download it to your phone. It's free and safe as they will check that people are known to us before they let them join any of the groups and online activities. If you need help getting registered just let us know.

TICKET NEWS



Our friends at Volks on Brighton Seafront have very generously offered us a free ticket to all of their events. You can see what's on by looking at their website:

<https://www.volksclub.co.uk/events-and-tickets/>
Contact Katie if you are interested in applying for a ticket

THIS MONTH'S SOCIALS



EASTBOURNE

When? Weds 30th June

Info: Meet up at the Rainbow pub - Details TBC

Contact : Jess



BRIGHTON & HOVE

When? Friday 25th June 6:30pm **Cost?** £12

Info: Silent Disco Walking Tour of Brighton

Contact : Annie to book a place



CRAWLEY

When? Wednesday 23rd June 8pm **Where?** Snooty Fox Pub

Info: Post Lockdown Pub Reunion

Address: 279 Haslett Ave E, Three Bridges, Crawley RH10 1LX

Contact: Malcolm



Chichester

When? Wednesday 16th June 11am **Where?** Caffè Nero

Info: Join Malcolm for a Coffee and a chat at Caffè Nero

57 East Street PO19 1HL

Contact: Malcolm



BUZZ BUDDIES

Buzz Buddies is a social group for people with learning disabilities who are aged between 18 and 25 and who live in West Sussex. We run Buzz Buddies in partnership with the charity Extratime. The aim of Buzz buddies is to support people to find out more about going out in the evenings and being more confident.

When we're not in lockdown we go out to all sorts of fun places but at the moment the project is run entirely online through Zoom sessions. If you're 18-25 and live in West Sussex we'd love to hear from you. Complete the form on our website and we'll be in touch and invite you to our next Buzz Buddy online meeting.

Direct links to all our socials are on our Facebook events page!

You can call, text or email Darren, Jess, Malcolm or Annie

07827 228171

jess@stayuplate.org

07971 760149

annie@stayuplate.org

07305 876188

darren@stayuplate.org

07971 759668

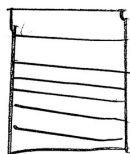
malcolm@stayuplate.org

JASON'S ART PROJECT



Stay Up Late Ambassador Jason has created a series of exciting Graphics based on different aspects of the Stay Up Late/Gig Buddies Community. If you're feeling creative he'd love you to get colouring and decorating them, and of course sending us your creations. So Turn the Page and get colouring!!.....

WILD
RAINBOWS



I'M A
STAY UP
LATE
AMBASSADOR

I ENJOY
BEING A
PART OF
GIG BUDDIES



Our 'Lockdown Podcast' has been a great way to tell peoples stories over the lockdown. You can now listen to all the previous podcast episodes through this link <https://soundcloud.com/stayuplateuk>

Hopefully we won't have to call it the 'Lockdown Podcast' for too much longer, but we will continue to produce a Stay Up Late/Gig Buddies Podcast in the future. Watch this space!!!

If you would like to get involved and tell your story then all you need to do is record your contribution (into your phone is fine) and then send it via text/whatsapp/email to malcolm@stayuplate.org or 07514 622204. If you would like to discuss an idea then let us know and Malcolm will be in touch!

ADVISORY GROUPS

We have three advisory groups, one for Brighton called Storm & Thunder, one for East Sussex called Wise Owls and one for West Sussex called Stormzy's Crew. We meet to advise, guide and inform Stay Up Late and the Gig Buddies project.

If you think you would like to join one of the advisory groups then please contact:

Storm & Thunder - katie@stayuplate.org
07305056122 or annie@stayuplate.org
07971760149

Stormzy's Crew - malcolm@stayuplate.org
07514 622204

Wise Owls - jess@stayuplate.org 07827228171



A Couple Of Big Tunes to Get You In The Mood For The Summer



Admin Number: 020 3920 8471

Darren: 07305 876188 Katie: 07305 056122 Malcolm: 07514 622204 Jess: 07827 228171 Annie: 07971 760149

All our emails are the same, just add the name to this email address _____@stayuplate.org (for example katie@stayuplate.org)

